

Cimarron Medical Services
Stillwater Medical Center Home Health Services

Home Care Connection

Connecting Hospital to Home

Meet the Staff:

Scott Doty

Scott Doty is a Home Medical Technician for Cimarron Medical Services. Scott started working for Cimarron in August of 2008. Being a long time resident of Stillwater, this is his first job related to the medical field.

When Scott is not working, he is spending time with his wife, Kirstine, whom he has been married to for over two years, and his two year old daughter Scottlynn.

Scott is also in the United States Army Reserves as a Chemical Operations Specialist. He has served within the Army for four and a half years.

In his spare time, he likes to try to play golf and he likes watching Boston Red Sox's baseball.



Skin Cancer Prevention Tips

By Ramey Hart, HIM Coordinator

With summer months quickly approaching and the weather finally starting to warm up, the risk of skin cancer due to sun exposure increases greatly. There are over one million new cases of skin cancer diagnosed in the U.S. each year, outnumbering all other cancers combined. Use these tips to shield yourself from too much sun exposure and help prevent skin cancer.

- Reduce sun exposure from 10am to 4pm when UV rays are the strongest. Use this time instead to do indoor activities and save the outdoor activities for after 4pm.
- Wear sunglasses that provide 100% UVA and UVB protection.
- Liberally apply sunscreen to exposed skin 15 minutes before sun exposure. The sunscreen should be SPF 30 or above and should state that it provides UVA and UVB protection.
- When feasible, stay under shade, especially from 10am to 4pm.
- Wear a wide brimmed hat that produces a shadow that covers the face and neck.

If you must be outside during the day when the UV rays are the strongest, be sure you are reapplying your sunscreen every 2 hours and drinking plenty of water so you won't become dehydrated.



Asthma Awareness

By Julie Muret, RRT

Asthma is a rapidly growing public health problem. According to the Centers for Disease Control and Prevention about 23 million people, including 6.8 million children, have asthma. 12 million people report having an asthma attack in the past year. Asthma is a chronic lung disease that is characterized by airway swelling, irritation, and tightening of the muscles surrounding the airways. Common symptoms of asthma are wheezing, coughing, chest tightness, or shortness of breath. Common triggers include tobacco smoke, indoor mold, strong odors/fumes, dust mites, animal dander, exercise, and cold air among many others.

Asthma can be very serious and is very unpredictable. Symptoms can seem minor, but if left untreated can become life threatening. You should use your rescue inhaler at the first sign of sudden symptoms. Your asthma may be poorly controlled if you have to use your rescue inhaler more than twice a week to treat asthma symptoms. Most people should not have to limit their lifestyle or activities because of their asthma. By working with their doctor on an asthma action plan, taking medicine as prescribed, and avoiding asthma triggers, many people can be free of symptoms all or most of the time.

Healthy Recipe Orange chicken

- 6 ounces orange juice— frozen concentrate, thaw
- 3 whole chicken breasts—split into 6 pieces
- 1/2 teaspoon marjoram
- Dash ground nutmeg
- 1 tsp. garlic powder
- 1/4 cup water
- Salt and pepper to taste
- 2 Tablespoons corn starch

Combine thawed orange juice concentrate (NOT REGULAR OJ!) in bowl along with the spices.

Dip chicken pieces into juice mixture to coat completely. Place in crock-pot.

Pour remaining juice mixture over the chicken.

Cover and cook on low 7-9 hours.

When chicken is done, remove to serving platter.

Pour the sauce from the crock-pot into a saucepan and mix with cornstarch and water.

Cook over medium heat stirring constantly, until thick and bubbly.

Serve sauce over chicken with brown rice and veggies.

Spotlight on Osteoporosis

By Maria Avers, RN

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May is Osteoporosis Awareness and Prevention Month. Osteoporosis is a disease in which bones become fragile and break easily. The most frequent fractures are in the wrist, spine and hips. The disease progresses painlessly until the person begins to have fractures. Hip fractures and spinal fractures cause much pain and limit the activity level of the person. This in turn sometimes leads to increased debility and even death. Women are four times more likely to develop osteoporosis than men; however, men are also at risk.

The risk factors for developing osteoporosis are:

- Small thin frame or Caucasian or Asian descent
- Family member who has had a broken bone as an adult (family history)
- Early or surgically-induced menopause
- Post-menopausal woman
- Diet low in dairy products and other sources of calcium
- Eating disorder
- Currently on or have taken chemotherapy or immunosuppressive therapy
- Physically inactive
- Drink excessive amounts of alcohol or smoke
- Taking high doses of thyroid hormones or have been on steroids longer than 3 months

Osteoporosis is preventable if caught early enough. To find out if you are developing osteoporosis, you can have a bone density test done. The test is painless and you may remain in your clothing as long as there is no metal like jewelry or belt buckles. Stillwater Medical Center has the ability to complete a bone densitometry test to measure bone mineral density if ordered by your physician. More information can be obtained from the National Osteoporosis Foundation at www.NOF.org or 1-800-231-4222.

Tip of the Month: Don't Miss Out - A Lot Going On In May

May 6-12 is National Nurses Week – Although nurses deserve more than just one week to be recognized, use this week to thank your nurses for the wonderful job they are doing and for the tremendous asset they are to the community.

May 24-30 is Older Americans Week - One in four American adults have a diagnosable mental illness, but less than one-quarter of older adults with mental illness get any type of mental health attention or appropriate treatment. Undiagnosed and untreated mental illness has serious implications for older adults and their loved ones. Use this week to get your loved ones to the doctor, even if they are not showing signs or symptoms of a mental illness.



Use of Activity To Decrease Stress

By Bonnie Campis, RN

Part 2 of 3



Every successful exercise program begins with a few simple steps.

How to get started:

- Consult your doctor: Always consult your doctor prior starting any exercise program, especially if you have heart disease or other risk factors.
- Walk before you run: Build up your fitness level gradually. If you start off too fast you can overdo it and cause injury, or the other downside is you can be so sore you quit altogether.
- Do what you love: Don't train for the Boston Marathon if you dislike running. All forms of movement-- from horse-back riding to swimming-- can increase your fitness level while decreasing your stress.
- Pick a time and stick to it: Although your schedule may mean morning workouts instead of evening some days, you need to carve out time every day to move and make your exercise program a priority.

Next month's newsletter will give some ideas on how to motivate yourself to keep moving.

If you would like to be removed from or added to our mailing list, please contact Ramey at 405-624-6578 or by email at rhart@stillwater-medical.org